



Welcome to “What’s Fresh NOW” August 14, 2006

Really Local. Really Fresh. And Really Delicious! That’s what you’ll find this week at your local farmers market.

This is “Farmers Market Week” and markets throughout the Puget Sound Fresh region will be having extra special activities all week long. It’s a perfect time to visit one or more of your local farmers markets and enjoy the bounty of our local farms.

You’ll find a complete list of our local farmers markets, their hours, days and locations at: www.pugetsoundfresh.org.

Ask for local, Puget Sound Fresh products when they are in season! Right now is the best time to find the most locally-grown products from our regional farms.

Colorful, delicious and healthy berries are ripe. Enjoy delicious salads with gorgeous lettuces, greens, onions, beets and more.

Want to win \$200 in Puget Sound Fresh products? Log on to: www.pugetsoundfresh.org, and click to the entry section.

On our Website, <http://www.pugetsoundfresh.org> you’ll find lots of recipes, and easy access to information on local markets that feature our Puget Sound Fresh produce and directions to the farms that grow our healthy food.

*Be sure to ASK for **PUGET SOUND FRESH** products at your grocery stores --- they really do listen!*

Now...Here's "What's Fresh NOW" from Puget Sound Fresh.

Spinach – cooked, in salads or casseroles...healthy and delicious

LETTUCE: Fantastic varieties on the market tables now....red, green, crisp and tender.

GREENS: Arugula, Beet Greens, Bok Choy, Chard, Collards, Dandelion Greens, Kale (Red Green, Italian), Mizuna, Mustard (Chinese & Purple), Pea Shoots, Sorrel, Turnip Greens, Kohlrabi

MORE VEGGIES:

Beans – several varieties

Broccoli

Cabbages – red and green

Carrots

Cauliflower --- white, yellow/orange and purple!

Green Beans – delicious for salads or lightly steamed with a little Garlic

Squash Blossoms

Zucchini – light and dark green varieties

Summer Squashes – all sizes and shapes

Cucumbers

Corn

Celery

Kohlrabi

Tomatoes

New potatoes --- white, purple and red

Beets – early varieties – great in salads or steamed

Fresh Garlic, Green Garlic, Garlic Chives (try garlic greens in a salad or stir fry)

Radish: White Icicle, French Breakfast, Purple

Salad Onions: Red and Green

Peppers – green, red, orange, multi-color...even chocolate!

Plums

Melons (yes, they grow in our region!)

WILD MUSHROOMS

HERBS: Rosemary, Cilantro, Mint, Oregano, Parsley, Sage, Thyme, Fennel – for all you cooks!

LOCAL MEATS – Most are organically raised, and absolutely delicious. Taste the difference!

PORK: Organic/Pasture-Raised and finished from the Kent Valley, Duvall and Skagit County

BEEF: Organic pasture raised and finished beef from the Puget Sound area

CHICKEN: Free-run locally raised chickens- frozen fryers and roasters from King County

EGGS: Collected every morning from organically fed, run-around-the-barnyard local chickens

CHEESE: LOTS of varieties, made right from the milk from our local farms. Tell your local restaurants about all the great types of local cheeses they can feature.

SHELLFISH: Manila Clams, Oysters, Mediterranean Mussels – try them at some of the farmers markets or at your local grocery store – be sure to ask if they are from Puget Sound! (HEED THE WARNINGS FROM THE NEWS AND COOK YOUR PUGET SOUND SHELLFISH THIS WEEK)

HONEY: Blackberry & Wildflower; Raw, unheated & unfiltered

CIDERS – Apple and Raspberry

HARD CIDERS – Apple, Honey Apple, Berry

NURSERY STOCK: Loads of vegetable starts, herb starts, annual bedding starts, perennials, flower baskets, flowering shrubs

FRESH FLOWERS: Farm Fresh Bouquets in a huge array of colors – from beautiful whites to vibrant, bright reds, yellows and blues!

RECIPES OF THE WEEK:

Raspberry Sauce

Try this sauce on Puget Sound salmon, poultry, beef or pork.

3 ½ c Mike and Jean's IQF Red Raspberries

1 Cup Ketchup

½ Cup Water

5 T. Brown Sugar

1 shake Tabasco

1 t Lemon Juice

¼ t Liquid Smoke

½ t Dry Mustard

½ t Chili Powder

½ t Garlic Salt

dash Pepper

Mix all ingredients in blender until smooth. Pour in saucepan. Simmer on low heat for 20 minutes. Add garlic or fresh cilantro leaves for added zest.

From Jeanne Youngquist,

Lavender Cheesecake Cookie Bars

2/3 cups brown sugar, packed
1 cup chopped walnuts (or almonds)
2 cups flour
1/3 cup butter, melted
16 oz cream cheese, room temp
1/2 cup granulated sugar
2 eggs
2 tablespoons lemon juice
4 tablespoons half-n-half (or milk)
1 rounded teaspoon ground lavender
1 teaspoon whole lavender flowers (for garnish)
2 teaspoons vanilla

Preheat oven to 350 degrees. Mix brown sugar, walnuts, flour and butter until crumbly, and save out 1 1/2 cups for the topping. Press the remaining mix into a 9 x 13 inch pan. Bake the crust for 12-15 minutes. Beat the cream cheese and sugar until smooth. Beat in eggs, lemon juice, milk and vanilla, and the ground lavender. Pour into the crust. Mix the whole lavender flowers into the remaining topping and sprinkle the topping on to the cream cheese mixture. Bake for 20-25 minutes. Cool at room temperature, cut into squares and refrigerate.

Carol & Mike McCrorie, Lavender Hills Farm

